

National Association of Letter Carriers

Branch 782

E.A. Baker Union Update



ARVIN
CALIFORNIA CITY
McFARLAND
TAFT

AVENAL
DELANO
MOJAVE
TEHACHAPI

BAKERSFIELD
EDWARDS AFB
RIDGECREST
TRONA

BORON
LAMONT
SHAFTER
WASCO

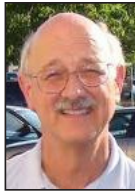
CHARTERED FEBRUARY 25, 1901



WEB VERSION

JULY 2014

at the



Mike:

I had a dilemma.
What words did I have to express my thanks to Manny Peralta?

Manuel L. Peralta, Jr. True Union Friend of NALC Branch 782

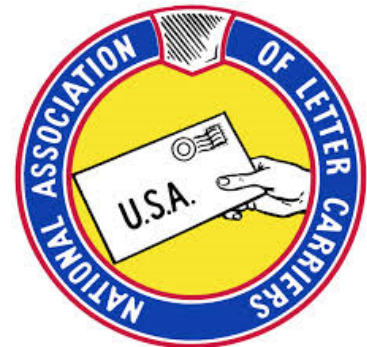


**Yes, the "Sharp Ones" go to National,
This, we all believe!
Manny's now in D.C.,
For his Contract expertise!**

**If you've attended a Union class,
One that Manny gives!
You might wonder, "Does our Contract?,
Contain those expletives?!?!?!"**

**Manny's words are chosen well,
He's toned them way, way down!
They will surface, when provoked,
He keeps them underground!**

**Our Branch must thank Manny,
We owe him one large debt!
Because he encouraged Mr. Towery,
To be Branch President!**



**Manny is articulate and a gifted advocate,
He never lacks self-esteem!**

**All our members are damn lucky,
That Manny is on our team!**

Manuel L. Peralta Jr.
Director of Safety and Health
National Association of Letter Carriers

**by Mark Ramirez, "Poet at Large"
Golden Empire Merged Branch 782
March 2014**

Continued on next page...

I was concerned that my words would fall short in conveying the extent of my thanks for the support and friendship Manny has shown to me through the years. Despite my persistent questions and seemingly never-ending phone calls, he exhibited nothing but patience and understanding in my efforts to be the best possible advocate for my members.

Although it was difficult for me to adequately put into words those things which I wanted to say, I did have access to an extremely resourceful person who is more than able. I knew that Manny would appreciate the talent, ability, insight, humor and creativity which might be exhibited by Mark Ramirez in a poem.

One evening, after a Shop Steward meeting, I took Mark into my office and closed the door. I asked him if he could come up with something that might convey Branch 782's appreciation for all that Manny had done for us through the years.

To best understand what happened then, I want to share Mark Ramirez's account...

"Initially, when Mike asked me to see what I could do, I really had no idea what I might write. It wasn't like I had spent so much time hanging out with Manny that I had tons and tons of memories.

And then? I got to thinking about the first time that I had seen Manny 'in action'.

It was around 1978 or 1979 and I was in an EEO class that was being taught by Manny. I was sitting there along with many other young male *and* female Shop Stewards. As Manny started getting heated up about the way that management was treating Letter Carriers, his language got more and more...colorful! (Is ultra-Blue a color? It was *that* day!)

After a while, I remember looking around and seeing almost all of these Shop Stewards looking at the other folks around them and silently mouthing things like, 'Did he *really* just say what I think he said?'

However, despite the colorful language, we could really feel that he was TRULY passionate about his desire to protect and defend Letter Carriers! *THERE WAS NO DOUBT ABOUT THAT!*

Also, it was obvious that Manny was a really, really, *REALLY* sharp individual and we should be glad that he was on "our side".

Over the course of my thirty years of active duty as a Letter Carrier and my continued involvement as an NALC advocate after my retirement, I had the opportunity to see Manny in action in numerous locations.

Each time that I saw him, I always had to admit that his on-going passion to serve the interests of all Letter Carriers was unrelenting. And, although the years might have produced a 'kinder and gentler Manny', that scrappy, determined, forceful advocate was extremely capable of being able to "bring it on"!

I spend a lot of my day out and about as I now have a job working for "North of the River" as a parks grounds keeper. It gives me time to think. As I was driving around the park, I thought about Manny and a phrase came to me. I wrote it down on a piece of scrap paper that I had picked up. Another phrase came to me and I wrote it down on a paper bag that somebody had thrown on the ground. The phrases and the scraps of paper kept coming...

Within two days, I had a poem. And, more importantly, I liked it!!! I have to admit that I was baffled on how these particular stanzas just seemed to come out of my head. But, they 'rang true'.

I shared it with Basil. Then I shared it with Mike.

Mike asked me to figure out a way to get the poem printed and framed. I did. I then did a good job of packing. And then we mailed it to Manny."

As the title of the poem by Mark Ramirez points out so fittingly, Manny Peralta is a "True Union Friend of NALC Branch 782"! His message and mine are truly heartfelt!

MIKE TOWERY



Mark Ramirez's tribute poem now hangs in Manny's office.

There's More: Poetry in Motion...



In early January 2013, Manny Peralta called Basil Zuniga to tell him that “Vinnie” Sombrotto had passed away. Right after he got the call, Basil was on his cell phone to let me know. We both knew how special a man he had been for all Letter Carriers.

Vincent R. Sombrotto was NALC President when I began my career in 1978. I first saw him in person at a California State Convention in San Diego. Our delegation was seated close to the podium and I got an up close and personal view of Vinnie in action. It was impressive!!

It was obvious to me that he was an extremely gifted speaker, with an amazing thought process, who knew the precise words to use to share with us things that were important.

Over the course of the next thirty years, I was a recipient of many of his hard won improvements to my life as a Letter Carrier.

After his death, during those early days of January 2013, thoughts of him seemed to bubble up in my brain as I went about my business. Within two days, I had the basis of a poem...

I sent the poem to Basil and he told me that he planned to feature it on the front cover of the next newsletter.

My tribute to Vinnie was published in our February 2013 newsletter and it prompted me to think about something. I really wanted to share what I'd done with the Sombrotto family.

New York, NY NALC Branch 36 was Vinnie's home Branch. They

announced that they were going to hold a special memorial tribute on the first anniversary of his death. I asked Branch 782 President Mike Towery if the Branch would be able to fund a plaque that could be presented to the Sombrotto family at that time. He told me to go ahead with the project.

Eventually, the plaque was presented, on our behalf, by NALC President Fredric V. Rolando and President Emeritus William H. “Bill” Young.

Then? I came up with six more plaques. One went to NALC Headquarters. Two Branches (24 and 36) were recipients as was the California State Association. Bill Young received a copy as did the wall in our Branch 782 office.

Why did we send out the plaques?

As Mike Towery wrote in his letter to Branch 36 President Charlie Heege: “I've been told that Mrs. Rae Sombrotto informed you that the plaque should stay in your Branch 36 building since it was Vince's second home. Because of that, Mark Ramirez contacted you and asked for some pictures of where the plaque was displayed. You informed him that she must have liked the plaque so much that she took it with her when she left...

We felt that it was only right that we should send you a ‘replacement’”.

While in attendance at an NALC Health Benefits seminar in October 2013, I shared the poem with CSALC President John Beaumont and NALC Branch 24

President Larry Brown. They all seemed to appreciate the tribute and said that they would really like a copy.

Mike Towery wrote a letter to John Beaumont with a copy of the plaque that we were sending to him. Part of that letter shared: “Prior to convening,

you reprinted a poem written by Mark Ramirez in the fifty-fourth State Convention book. When Mark opened the booklet to begin his review of reports and resolutions, he was extremely surprised to find something which looked very familiar to him. He found the poem he'd written in honor of NALC President Emeritus Vincent R. Sombrotto when he'd passed away. Mark was both honored and humbled by the action that you took.

Subsequently, you made the time during the course of the convention to ensure that the words of that poem would be shared with all of the CSALC delegates.”

Larry Brown had a special relationship with Vince Sombrotto that Mike referenced in his letter. “Mark has told me that he shared the poem with you and that you were moved by what he'd written. He also indicated that you felt that Vinnie was *the* reason that you had been able to even start this adventure as an NALC National Officer.”

Bill Young, prior to becoming the NALC President, was a California Letter Carrier who had been an activist and was elected as our former Region 1 Business Agent.

A portion of Mike's letter to Bill points out: “You probably had more contact with Vince Sombrotto than any other NALC member. It is no doubt that his mentoring and relationship with you was a foundational experience in your ability to continue the tradition of great leaders who have lead the National Association of Letter Carriers through times of turmoil.”

And, then? Bill responded with a letter of his own to Branch 782 members!

MARK RAMIREZ

June 25, 2014

President Mike Towery
2628 F Street
Bakersfield, CA 93301-1816

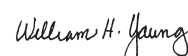
Dear Brother Towery:

This letter will acknowledge receipt of the fine plaque with the poem that Mark Ramirez wrote for Vinnie! I want to express my gratitude for your sharing this with me. I had the extreme pleasure of working with Vinnie for twelve years. My appreciation for his dedication and vision were experiences that will serve me well for life.

I not sure if anyone remembers anymore but I have always had a very close relationship with Branch 782. Bruce King, a past president of the branch actually got me started in the union. If it were not for him I might still be carrying mail in San Luis Obispo.

I want to thank you and the members for the many years of support and wish you continued success in future. We have serious issues confronting us and we will need united, dedicated and committed members to insure continued success.

Fraternally,


William H Young
Past President NALC

How low will he go?



**Fredric V.
Rolando**

A few years ago, Postmaster General Pat Donahoe did something that really shocked me. He testified before the Oversight and Government Reform Committee of the House of Representatives and said that he supported “practically everything” in a truly putrid piece of legislation introduced by Rep. Darrell Issa, the committee’s chairman. That bill, H.R. 2309 (the Postal Reform Act of 2011), which never gained more than one other cosponsor during the 112th Congress, would have destroyed the Postal Service.

It offered no relief from the crushing pre-funding mandate that has devastated the Postal Service’s finances over the past seven years, and it called for massive service and job cuts while subjecting the USPS Board of Governors to a humiliating financial control board. It was a betrayal of the hundreds of thousands of postal employees—managers and craft employees alike—who have made the U.S. Postal Service the best post office in the world.

Apparently, the only thing that mattered to Donahoe was that the Issa bill got rid of six-day delivery service. Killing Saturday delivery is for the PMG what Moby Dick was for Capt. Ahab—it is all that matters.

I didn’t think he could sink much lower. I was wrong. Over the past seven months, time and again, he has proven that he is so obsessed with cutting Saturday delivery that he can no longer think straight.

First, at the end of December, the four postal unions and other allies in the industry developed a reform plan that focused on resolving the pre-funding mandate and implementing a series of consensus reforms on pensions, pricing and products. The plan was designed to restore the Postal Service to long-term financial viability. Asked to publicly support the plan, the PMG refused—like Capt. Queeg (the Humphrey Bogart character in *The Caine Mutiny*), he has let his obsession warp his mind. Without five-day delivery, he would not support the plan. (If you haven’t seen the movie, you should; for the PMG, five-day delivery has become Capt. Queeg’s frozen strawberries.)

Then in February, he proudly bragged to one of my fellow postal union presidents that he was the author of one of the

more bizarre proposals included in S. 1486, the Carper-Coburn postal reform bill that was marked up by the Senate Homeland Security and Governmental Affairs Committee earlier this year. The proposal was to require the Postal Service to pre-fund \$15 billion in future workers’ compensation benefits decades in advance. No other agency, department or company in America, private or public, faces such a ridiculous burden. Given that the similarly unique but larger and even more unfair burden to pre-fund future retiree health benefits nearly destroyed the Postal Service during the Great Recession, I thought the PMG had lost his mind. But he didn’t stop there.

In early June, Donahoe may have done the most irresponsible thing any postmaster general has done since the creation of the Postal Service in 1970. He publicly endorsed a transparently phony budget plan from House Majority Leader Eric Cantor to “offset” deficit spending to keep the Highway Trust Fund solvent by mandating the end of Saturday delivery. The short-term (eight to 10 month) extension of the trust fund was to be offset by 10 years of savings due to “avoiding a future taxpayer bailout of the Postal Service.” The proposal to book a hypothetical bailout of an agency that receives no tax money, to pay for a few months of highway maintenance, is embarrassingly bush-league and unworthy of a great country. But the PMG’s endorsement was worse—it was truly outrageous.

If allowed to happen, this budget gimmick would set a terrible precedent for the Postal Service. Why raise taxes or reduce spending at taxpayer-funded agencies, when you can pay for pet projects with legislated service cuts at the Postal Service? Need a new aircraft carrier? Slash post office hours. Want a new fleet of planes to fight forest fires? Raise postage rates.

I can just imagine how Vince Sombrotto would react to this. He worked so hard with then-PMG Tony Frank in the late 1980s to get the Postal Service off-budget, to shield the Postal Service and ratepayers from scheming politicians like Rep. Cantor, who fortunately lost his seat in a primary election the week after he announced his ridiculous highway bill.

Apparently, there is no limit to how low the postmaster general will stoop to achieve his beloved five-day delivery plan. That’s shameful.

Pat Donahoe owes every postal employee and postal ratepayer an apology. Better yet, he could redeem himself by working with us to achieve real reform and end his alliance with politicians who want to dismantle the Postal Service. Otherwise, it might be best for him to join Congressman Cantor in “retirement” from public life.

Johnny on the Spot



6 day preserved again, but the fight is not over...

The language mandating six-day mail delivery—intentionally left out of the draft version of the House Subcommittee on Financial Services and General Government’s Fiscal Year 2015 spending bill—was successfully reinserted into the measure that was approved by a voice vote of the full House Appropriations committee.

6-DAY LANGUAGE ALREADY IN SENATE APPROPRIATIONS BILL: The Senate Subcommittee on Financial

Services and General Government approved its version of an FY2015 appropriations bill that also includes the language mandating that the Postal Service deliver the mail six days a week. That measure is expected to pass the full Senate Appropriations Committee.

BIPARTISAN SUPPORT FOR 6-DAY MAIL GROWS:

The bipartisan majority of House members who support H. Res. 30 grew to 224 when Rep. David Price (R-NC) signed on as a co-sponsor. (That’s 224 out of 435 Representatives—a majority) H. Res. 30 is a resolution “Expressing the sense of the House of Representatives that the United States Postal Service should take all appropriate measures to ensure the continuation of its 6-day mail delivery service.”

WRONG BY HALF:

The Congressional Budget Office (CBO) released its second look at the Postal Service’s projected savings from a reduction in mail service from six days to five and declared that USPS would save only about \$10.9 billion over 10 years—about half of what the Postal Service projected would be saved by its modified plan. This is the money Reps. McCarthy and Cantor were scheming to use to fund the Highways Project on Postal workers backs.

Thankfully that piece of crap bad idea has been laid to rest.

In closing, I would like to wish Kim Gerdes and Molly Biggar very happy, healthy and long retirements! They both have served our Branch very well for a very long time.

Respectfully,

JOHN ORTEGA
NALC Branch 782 Vice-President

GAO Legal Opinion Refutes Postal Service Claim on Cutting 6-Day Delivery

The claim by the Postmaster General that the U.S. Postal Service has the right to cut its mail delivery schedule from six-to-five days “rests upon a faulty USPS premise” and there is no legislative authority from Congress allowing the change, the Government Accountability Office said today in a legal opinion requested by Congressman Gerald E. Connolly (VA-11). “The GAO legal opinion clearly rejects the Postal Service’s attempt to circumvent the law,” Connolly said.

In its letter to Connolly, GAO says that USPS is bound by current law and the current Continuing Resolution to fund the federal government requires “USPS to continue 6-day delivery and rural delivery of mail at not less than the 1983 level.”

“This impartial and definitive GAO legal opinion makes it crystal clear that USPS cannot operate outside the legislative authority of Congress and unilaterally implement a change in delivery service that many believe will not only disrupt mail service, but also exacerbate USPS revenue losses and contribute to the decline of this constitutionally-mandated service to all Americans.

“GAO’s opinion is clear that ‘USPS’s interpretation of the Continuing Resolution and of the 2012 Appropriations Act parses the statute in a fashion that frustrates both the nature and the purpose of the Continuing Resolution,’ and I hope the Postmaster General will cease wasting energy on flouting the will of Congress and the law itself” Connolly said. “It is imperative that the USPS focus on working with Congress to pass comprehensive postal reform legislation that transforms its business model to grow and thrive in the 21st century,” Connolly said.

Source: California State Association of Letter Carriers website

Minutes of the June 2014 General Meeting

The regular meeting of Branch 782 was called to order by President, Mike Towery at 7:00 p.m. on the 24th day of June, 2014 at the branch office, Bakersfield. The flag salute was led by Sgt. at Arms, Jerry Patterson. All members of the Executive Board were present, except Trustee, Teresa Ortega. The stewards were present from Brundage, Camino Media, Delano, Hillcrest, Oildale, Shafter, South, Stockdale, Taft and Wasco. Also present was Editor, Basil Zuniga; S.A.N.E., Fred Acedo; Webmaster, Rick Plummer; Photographer, Anita Holderman and Frank Martinez of the Social and Recreation Committee. The minutes of the May 27, 2014 were read and accepted with corrections that



Treasurer Molly Biggar made the Financial Secretary's report and new member Francisco Marquez is stationed at Camino Media. The communications were read.

APPLICATION FOR MEMBERSHIP: An application was received from James Bitto.

REPORTS OF STANDING AND SPECIAL COMMITTEES: Molly Biggar reported that the Jastro Park has been reserved for October 12. Basil Zuniga reported that they got the newsletter done. It was the AO's turn. He suggested that members check out the web version, it has more information regarding retiree articles. He reported that Fred Acedo's cartoons are being republished by other branches in their newsletters. If you have any ideas for cartoons "throw them to Fred". Next month will be Downtown Stations turn. He also suggested that members read the article by Ridgecrest Steward, Lynnel Howell. She discussed the changes in the office with the OIC from Bishop. Frank Martinez reported that there was a Baseball Tournament, Stockdale Station won but everyone had a good time. Frank also reported that 1295 books have been sold. Molly reported that one book was sold tonight, so the total sold is 1296. John Ortega reported that the By-Laws Committee met and the proposed change to the By-Laws and the committee's recommendation will be published in the next newsletter.

NEW BUSINESS: Kim Gerdes reported that it is time to order calendars. We ordered 300 last year and have about 10 remaining. Molly Biggar made a motion that the branch purchase 290 calendars. Seconded by Jerry Patterson and passed. Molly also reported that the seat covers for the chair backs should arrive before the convention. Mike Towery discussed the classed being offered at the convention.

GOOD OF THE ASSOCIATION: CCA member Joe Manzo reported on the Campaign school he attended. He learned a



Non-Member List July 2014*



Downtown Station

S. Kirby
J. Cruz

South Station

100% UNION!!!

Brundage/East Bakersfield

D. Kinglee

Hillcrest

100% UNION!!!

Dole Court

D. Morris
S. Hancock

Stockdale

J. Oh
M. Martinez
S. G. Flippen

Camino Media

C. Rodriguez

Arvin

100% UNION!!!

Avenal

B. Howard

California City

S. T. Ivory

Delano

L.A. Campos
C.V. Quebral

Lamont

E. Gonzales

Ridgecrest

S. P. Pierce
G.D. Weaver
B. Leroy

Shafter

M. D. Voights
L. M. New

Taft

A. Veach
B. M. Krier
K. J. Hughes
T. Bullard
A. M. Rodriguea

Tehachapi

100% UNION!!!

Trona

100% UNION!!!

Wasco

100% UNION!!!

*CCA names are in italics.



lot. He urges everyone to vote, help at phone banks and canvas neighborhoods. Candidate Amanda Renteria will take calls from constituents and supports carriers and our issues. Mike Towery thanked Joe for attending the Campaign School; he also reported that there will be a vote tomorrow on an appropriations bill that does not include keeping 6 Day delivery. John Ortega discussed legislative issues. Basil Zuniga reiterated what Mike Towery said about the future of the branch will be with CCA's and they need to get involved. Mike Towery reported that we have a new OIC in Bakersfield, she is from Honolulu. He discussed the District proposal for the 7.01 rule and the issues involved in working 7.01.

Norma Hamer and Joann Layton.
The General Meeting Drawing for \$500.00 would have been won by Joe Gandara, if he had been present.

There were 39 members present.

Kim Gerdes thanked Molly Biggar for taking the minutes at the May General Meeting.

The meeting adjourned at 7:59 p.m.

Respectfully Submitted,

KIM GERDES

IMPROVEMENT OF THE ASSOCIATION: Mark Ramirez discussed the MBA Insurance, the Maturity Income and the Whole Life Insurance. Mark then discussed his poem project. He mailed a copy of the Sombrotto poem to Br. 36 in New York, Larry Brown, President of Br. 24 and past NALC President Bill Young. He will be mailing one to Manny Peralta. Mike Towery thanked him for all his work on this project.



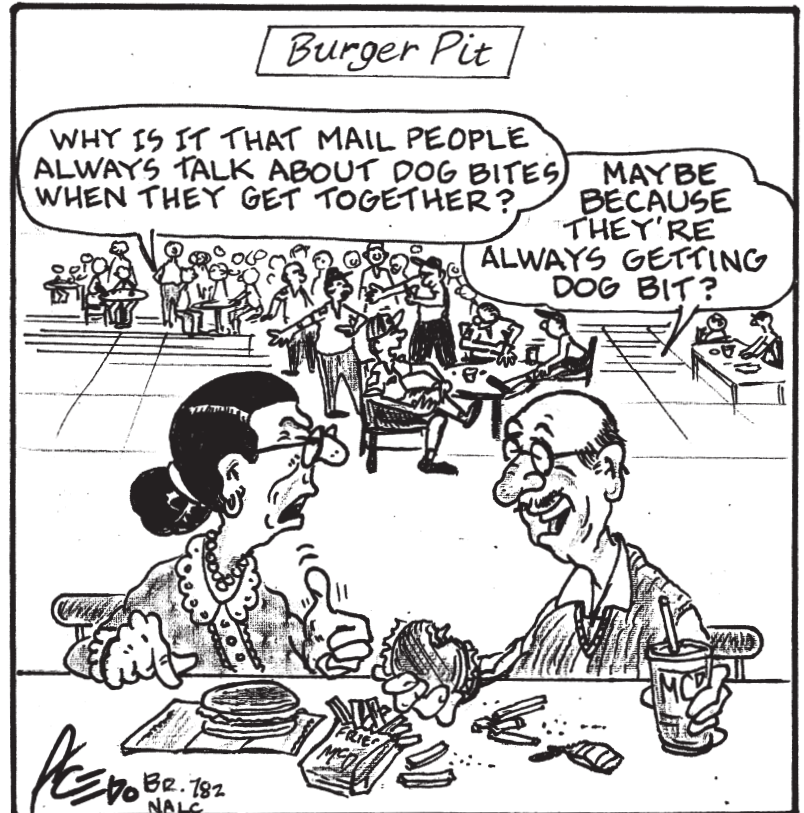
FINANCIAL SECRETARY'S REPORT: Anita Holderman thanked Treasurer Molly Biggar for reading her report last month. She reported that the income for June is \$12,366.14.

TREASURER'S REPORT: Molly Biggar will read her report at the next meeting.

The MDA 50/50 Drawing was won by Mark Ramirez.

Mark Ramirez donated 4 containers of "Working Hands" for a drawing won by Debbie Guillet, Dicie Wilder,

OUT THERE





in August 1978 and worked for three years until her daughter, Amanda, was born in 1981.

With a newborn, Kim made the decision to quit the Postal Service so that she could devote

Ralph Watt was the OJI at Hillcrest—Kim’s first unit. In fact, “The first time around I went to Hillcrest. When I came back, I went to Hillcrest. I was then sent to Stockdale until I made Regular.”

Whether memories of that first day have been buried way deep or not, Kim’s response to a question about what that first day was like was, “Nope, too long ago.”

She does remember who that first supervisor was: Forrest “Superman” Clark. “He was great! I think the station manager was Ron Carlon.”

Even if she wasn’t sure who the manager was when she started out, she remembers well some of the “old timer” Letter Carriers who were around at the time: Fred Acedo (haha), Benny Aguilar, Joe McKinley, Chuck Sutton, Paul McCarthy, Oscar Macklin, Jimmy Shropshire, Rudy Magana, Sandy Morales, Lupe Arredondo, Joe Santa Cruz, Gary Golden, Mickey Cameron, Alan Springman, and Max and Debbie Wiles.

Kim spent around thirty months as a PTF the first time and about six months after she reinstated. And, believe it or not, she looked forward to the day that would make Regular!

When she made Regular, she was assigned as a T-6 at East Bakersfield and was there for some seven or eight years. She then bid another T-6 assignment at South Station and was there for about a year until she was awarded Route 118 at the Downtown Station. She was there for sixteen years until she reached her final “home” on Route 818 at Dole Court.

Unlike the vast majority of postal employees, Kim Gerdes has “walked the walk” and not just “talked the talk”.

While her life might have been easier were she to have been minimally involved in her work as a Letter Carrier, she chose the path less followed. And we are extremely grateful that she did!!

Fired by a desire to become a professional Letter Carrier, Kim became an NALC activist. And—more importantly—she sustained her drive and her enthusiasm over the course of the last thirty years as both NALC Branch 782 Recording Secretary and as a Shop Steward...while being a devoted Mother and a loving Wife! It hasn’t been easy.

In some ways, Kim has had an atypical career. She was hired as a Letter Carrier

herself to her child during that important time.

In May 1983, she was reinstated and worked one day at a time until she now finds herself going out the door with over 34 years of creditable service!

It should be evident that performing her duties as Branch 782 Recording Secretary would require a good memory. When asked to recount things that happened thirty-five years ago, Kim was up to the challenge!

“I was trained by Carrier Ray Pettus at the Downtown Station. Audrey McCoy came to the class and told us we were going to have muscles that we didn’t know we had ‘hurt’. She said, ‘If you can manage it, get a housekeeper for the first few months because you’re going to be tired. Then, I spent a week with Ralph Watt at Hillcrest for street training.”



Thanks for the memories, Kim!

Kim was asked two very basic questions: Who was the best supervisor that you worked for? Who was the worst? In answer to the first query, "Homer Ruiz, Richard Rodriguez, Gordon Corey and Sandy Doll were all good. The worst? Do I even want to go there?" Correspondingly, I have a lot of respect for John Espinoza when he was the station manager for awhile at Downtown and then at Dole Court."

times and she was there fighting with him every step of the way!"

Every Letter Carrier can recount funny/interesting/ironic/thought-provoking/head-scratching stories about the things that have happened over the course of performing our duties. Kim's may take the cake...

"I WAS ONCE HELD 'HOSTAGE' BY A CUSTOMER.

OUT THERE



Realizing that there were Carriers who had given her good advice along the way, Kim pointed out that, "Mike Towery told me, 'You've got to bid out of Downtown!' He talked me into bidding Rt, 818 and it was one of the best things that I've done. Frank Thomasy and Basil Zuniga preached, "Be consistent and be safe!"

The best time for Letter Carriers is when we are away from the office! Daily, we encounter numerous customers and even develop relationships with them over time. Kim is quite aware of this and shared, "I have had some really great customers! One couple stands out (Mr. and Mrs. Moore from Spruce Street). I stayed in touch with them after I left Downtown and they moved away. They were an amazing couple...and inspiration! I still think about them. He fought and beat cancer many

was trying to 'fix' the problem, but he just kept getting madder and madder.

He told me to wait while he called my boss. He called Hector Godinez (the then-MSD District Manager) and told him that he had one of his Carriers and would not let her go until he got what he wanted.

While this was going on, I used the phone in the office to call and let my supervisor know that I was going to be a little late... They said that they couldn't talk to me right now because they had a Carrier being held hostage!

I said, 'I know. It's me.'"

When she was asked how many times a dog ever came at her, Kim admits, "I'm afraid of dogs so it seems like a lot. I was

only bitten once. It was while I was at Dole Court."

She does have some wisdom for all of us which has been distilled over the course of years. "Be consistent. Find a pace that you are comfortable with and keep doing your route the same way *every* day. Smile!!!! **MOST IMPORTANTLY**—get involved in the Union! I learned what my Rights are and how to deal with the difficult supervisors and I made some amazing friends and have had some great times!"

Kim and her husband, Rick, were both Letter Carriers. "We never worked at the same station when we were married. We dated very quietly when we were both at EB. Lots of postal talk at our house!" (Just for the record Rick Gerdes is the Branch 782 OWCP Representative and invests himself in helping numerous members navigate their way through the bureaucratic maze they encounter.)

Looking back at a career which spanned those thirty-four years, Kim comments can best be summed up by a certain phrase which can only surface at this time: "Feeling Nostalgic on Retirement Eve".

When asked when she first started thinking about retirement, there was a quick response from Kim. "I've been on the countdown for years! Once I hit the single digit (9 years), I got pretty excited. **IT IS TIME!!!** I'm healthy. I've got three beautiful grandsons (Aaron 5, Michael 3 and Anthony 1) that I want to spend time with. Oh...and a beautiful daughter and a great son-in-law, too."

Finally, she was asked what her plans were now that she has joined "The Last Punch Bunch". Realizing that she is like most grandparents and that other folks already have plans for her, Kim replied: "My family has lots of ideas on what I can do to keep busy!"

Thankfully (at this time), Kim has no plans to retire from her duties as the Branch 782 Recording Secretary. She knows that she will pass the torch on to someone else in the future, but that future is still someplace on the horizon.

2014 NALC HBP Info

At a glance...



NALC Health Benefit Plan 1-888-636-6252
 *Hospital Pre-Certification 1-877-220-6252
 Mental & Substance Precertification 1-877-468-1016
 **Drug Prescription Retail 1-800-933-6252
 CVS/CareMark Specialty Pharmacy 1-800-237-2767
 Durable Medical Equipment 1-888-636-6252
NURSE ASSISTANT (24/7) 1-877-220-6252
 CVS/CareMark Pharmacist 1-888-636-6252
 Enhanced Eldercare Services (24/7) 1-877-468-1016
 CIGNA PPO Dr's & Facilities 1-877-220-6252
 CIGNA Organ Transplant Approval 1-800-668-9682
 Quit Power (Smoking Cessation) 1-877-521-0244
 CIGNA Health Rewards (Discounts) 1-800-558-9443
CIGNA Dental Discount Program 1-877-521-0244
 Disease Management Program 1-800-227-3728
 OPM Retirement Info Center 1-888-767-6738
 Federal Information Center 1-800-333-4636
 Social Security Administration Info 1-800-772-1213
 PostalEase Human Resources USPS 1-877-477-3273
 Quest Lab Services (Bakersfield) (661) 631-8520
 LabCorp Lab Services (661) 631-9258
Shared Services (Retirees Info!!!) 1-877-477-3273

NALC Health Benefit Plan
 20547 Waverly Court
 Ashburn, Virginia 20149

NALC Prescription Drug Program
 P.O. Box 94467
 Palatine, Illinois 60094-4467

NALC Drug Prescription "Claims" Program
 P.O. Box 521926
 Phoenix, Arizona 85072-2192

Optimum Health Behavioral Solutions
 P.O. Box 30755
 Salt Lake City, Utah 84130-0755
 Questions: 1-877-468-1016

NALC Consumer Driven Health Plan and Value Option
 P.O. Box 18223
 Chattanooga, TN 37422-7223
 Phone: 1-855-511-1893

Preferred Provider (PPO)
Cost: \$20.00 Co-pay per office visit

**(PPO) Deductible: \$300 Individual,
 \$600 Self & Family—Per Calendar Year**

** Failure to pre-certify for in-patient hospitalization will result in a \$500 reduction in benefits paid by our Plan. YOU MUST notify the Plan prior to undergoing radiology/imaging with doctor name and dates. Call: 1-877-220-6252.*

** NALC Drug Prescription Program is MANDATORY generic (unless specified by your doctor, at additional cost to member). Preferred retail pharmacy 1st and 2nd fills, you pay 20% of cost of generic/30% of name brand/45% non-formulary. MAIL ORDER/CVS PRESCRIPTIONS (when NALC is primary): 60 day supply \$8 generic, \$43 name brand, \$58 non-formulary; 90 day supply \$12 generic, \$65 name brand, \$80 non-formulary; **MEDICARE PROGRAM** (when Medicare is primary) Retail network pharmacy: you pay 10% of cost of generic, 20% of formulary, 30% non-formulary. MEDICARE PRIMARY (mail order); 60 day supply \$7 generic, \$37 formulary, \$52 non-formulary; 90 day supply \$10 generic, \$55 formulary, \$70 non-formulary; 90 day supply \$4 for NALCSELECT generic (certain drugs); 90 day supply \$4 for NALCPREFERRED generic (certain drugs); NALCSENIOR generic antibiotics are available **FREE** for a 30 day supply, when Medicare is primary (certain antibiotics only).

Some Websites for You...

Center for Disease Control	http://www.cdc.gov
American Public Health Assoc.	http://www.alpha.org
American Cancer Society	http://www.cancer.org
American Heart Association	http://americanheart.org
American Lung Association	http://www.lunusa.org
Diabetes Foundation	http://www.diabetes.org
YOUR Personal Health Record	http://www.nalc.org/depart.hbp
Asthma Information Center	http://www.ama.assn.org/special/asthma

HR Shared Service—HRSHAREDSERVICES@GSA.GOV

MAIL ORDER SPECIALTY DRUGS (Bio-Tech drugs—*VERY EXPENSIVE*): *Your* cost for a 30 day supply is \$150; 60 day supply is \$250; and, 90 day supply is \$350. Some drugs (e.g. bio-tech asthma, diabetes, organ rejection, etc.) require prior approval before dispensing. You **MUST** call the Plan 1-800-237-2767.

Check out this PPO: Sendas Northwest Urgent Care
 3409 Calloway Suite 101 Bakersfield, California 93312
 Phone: (661) 587-2500

Sendas Southwest Urgent Care
 9450 Ming Avenue, Bakersfield, California 93309
 Phone: (661) 587-2500

Hours: M-F 8:00 am - 9:00 pm; Sat & Sun 8:00 am - 8:00 pm

Our PPO doctors and facilities—through CIGNA—save us and the Plan thousands of dollars and it is top notch care at a discount rate. You don't lose anything. You are saving money for the best care!!!
 For example: *CIGNA Weight Loss Program (877) 220-6252

Accupuncture!! Must be a state licensed or certified accupuncturist. Chiropractic! State licensed chiropractor or D.O.

Mark Ramirez, NALC Branch 782 HBP Rep.
(661) 398-6075

A little wine — and a little humor — may be good for thine oft infirmities...

Psychiatrist vs. Bartender

EVER SINCE I WAS A CHILD, I'VE ALWAYS HAD A FEAR OF SOMEONE UNDER MY BED AT NIGHT. SO I WENT TO A SHRINK AND TOLD HIM:

"I've got problems. Really. Every time I go to bed I think there's somebody under it. I'm scared. I think I'm going crazy."

"Just put yourself in my hands for one year," said the shrink. "Come talk to me three times a week and we should be able to get rid of those fears."

"How much do you charge?" "Eighty dollars per visit," replied the doctor.

"I'll sleep on it," I said.

Six months later the doctor met me on the street. He asked, "Why didn't you come to see me about those fears you were having?"

"Well, eighty bucks a visit, three times a week for a year, is \$12,480.00. A bartender cured me for \$10.00! I was so happy to have saved all that money that I went and bought me a new pickup truck."

"Is that so?" With a bit of an attitude he asked, "And how... may I ask, did a bartender cure you?"

"He told me to cut the legs off the bed. Ain't nobody under there now!"

Forget The Shrinks! Have A Drink & Talk To A Bartender! **It's Always Better To Get A Second Opinion!**

CURTAIN RODS

On the first day after his divorce, he sadly packed his belongings into boxes, crates and suitcases.

On the second day, he had the movers come and collect his things.

On the third day, he sat down for the last time at their beautiful dining-room table, by candle-light; he put on some soft background music, and feasted on a pound of shrimp, a jar of caviar, a bottle of spring-water and 3 cans of sardines.

When he'd finished, he went into each and every room and deposited a few half-eaten shrimps dipped in caviar, and some sardines into the hollow center of the curtain rods.

He then cleaned up the kitchen and left.

On the fourth day, the wife came back with her new boyfriend, and at first all was bliss.

Then, slowly, the house began to smell.

They tried everything; cleaning, mopping, and airing-out the place. Vents were checked for dead rodents, and carpets were steam cleaned.

Air fresheners were hung

everywhere. Exterminators were brought in to set off gas canisters, during which time the two had to move out for a few days, and in the end they even paid to replace the expensive wool carpeting. Nothing worked! People stopped coming over to visit.

Repairmen refused to work in the house. The maid quit.

Finally, they couldn't take the stench any longer, and decided they had to move.

But a month later—even though they'd cut their price in half—they couldn't find a buyer for such a stinky house.

Word got out, and eventually even the local realtors refused to return their calls.

Finally, unable to wait any longer for a purchaser, they had to borrow a huge sum of money from the bank to purchase a new place.

Then the ex called the woman and asked how things were going.

She told him the saga of the rotting house. He listened

politely and said that he missed his old home terribly and would be willing to reduce his divorce settlement in exchange for having the house.

Knowing he could have no idea how bad the smell really was, she agreed on a price that was only 1/10th of what the house had been worth but only if he would sign the papers that very day.

He agreed, and within two hours her lawyers delivered the completed paperwork.

A week later the woman and her boyfriend stood smiling as they watched the moving company packed everything to take to their new home. And, to spite the ex-husband, they even took the curtain rods...

**I LOVE A
HAPPY ENDING.
DON'T YOU?**

OUT THERE



OWCP COMPENSATION

Finding a Doctor

Finding a doctor to treat you when you have been injured at work is a common problem. Many make the first appointment with their primary care doctor, exercising their right to free choice of a physician. This is your right to see the doctor you choose. ELM 544.112 says in the case of traumatic injury, the supervisor must advise the employee of the following: a. the right to select a physician of their choice and Article 14.3c reinforces this regarding complying with applicable regulations of Office of Workers Compensation Programs.

If you cannot get an immediate appointment with the doctor of your choice, management can require you to go to the contract clinic. However there are limits to what can be demanded of you. If you have chosen your own doctor and cannot get an appointment until 3 pm and it is 9 am, management will likely send you to the clinic for an examination or evaluation. Management cannot require that you accept treatment

from the clinic physician. You eventually go to your own doctor and follow those instructions in regard to medical treatment and work restrictions.

There is much confusion when it comes to medical treatment. In some cases the more advanced a claim becomes the more confused a medical provider is about what is needed by OWCP. Some doctors are agreeable to take on the challenge and others do not want to be bothered with the whole process involved in treating a long term claim. Some primary care physicians are willing to take on a work-related injury but do not understand the documentation necessary to keep the claim moving through the process. The injured letter carrier then takes on the responsibility to request the medical report and hope it is adequate to insure an approved claim. It is very important to send medical information to support your claim. As soon as you get your claim number give it to your doctor and get copies of everything from your doctor visits and any tests given to you regarding the injury. Send this information yourself! Do not rely on the doctor to do it for you or to do it correctly.

If you do not have a doctor that will do this for you than you have to find a doctor that will take federal worker's comp. To find medical providers that are on the Department of Labor's list of doctors you can see, go to <http://www.dol.gov/owcp/defc/>. Next, you must go to Division of Federal Employees Compensation (DFEC) as there are several other federal programs for other federal workers. Under the DFEC heading, you go to Stakeholder Web Portals, and under that you click on Claimants and Representative, and then select Medical Provider. This gets you to a page titled Provider Search. This page has detailed instruction on obtaining a list of medical providers from many categories such as; location, specialty or even practice name. Finding a doctor that is understanding of your needs and the needs of the claim is important to succeeding in the OWCP process and succeeding in your recovery.

By Jeanne Larch, Branch 4374
OWCP Compensation Officer

When a CCA is Injured On-the-Job

CCA's are just as susceptible to on-the-job injuries as any other carrier delivering mail. CCA's are protected under the Federal Employee's Compensation Act (FECA) and the FECA has the sole authority to award benefits. Benefits include compensation for wage loss and medical treatment for accepted injuries. Many CCA's do not have health insurance coverage when initially hired but this should not hinder their ability to choose their own physician if injured.

FECA gives the injured employee the right to choose their own doctor. If the supervisor takes the CCA to "their" doctor, keep in mind that they may be examined by their doctor but are not required to be treated by their

doctor. A doctor of your choice should be picked before the second visit. The choice of physician should be a medical doctor. If a clinic is staffed by a physician assistant or nurse practitioner, their reports are accepted as long as the reports are co-signed by a qualified medical doctor.

Any injury should be immediately be reported to the Supervisor. If a supervisor is not available, advise someone, whether it's a Steward or a co-worker. Failure to do so may create a problem later for the injured employee. If the injury requires immediate medical attention, the injured employee should take a CA-1 along with a CA-16. The CA-16 authorizes medical treatment and provides an initial medical report to OWCP. The reverse side of the CA-16 is to be filled out by the treating

physician. In many cases, postal management either fails to issue a CA-16 for an accident or fails to fill it out properly. This could result in OWCP not receiving the medical report timely or delay the acceptance of the claim.

Always make copies of all paperwork. Start a file to include your CA-1, medical reports, and any correspondence regarding your claim. Keeping an up-to-date file of all your injury compensation claim documents will help us to help you.

Liz Dow-Rubio
OWCP Rep/ Branch 504

This page, gratefully "stolen" from NALC Branch 290 Santa Barbara, CA *Beast of Burden*, features reprints from two other NALC Branches! Mucho many thanks to Branch 290 Editor Neal Couey!!!

Brundage Bulldogs outshine them all... or at least to me

Vocabulary word for this article: TEAMWORK — “cooperative or coordinated effort on the part of a group of persons acting together as a team or in the interests of a common cause”.

Teamwork means a lot in the type of work we do. However you want to look at it....we are a team! Management and Carriers go to work everyday to provide one thing: CUSTOMER SERVICE.

At the end of the day, WE have UNITED and got the mail delivered!

I am compelled to give HUGE kudos to my fellow City Carrier Assistants who are 204-Bs at my station. Robert Guerrero (93305) and Sabrina Bonilla (93311) have my respect. When-

ever we have been down routes, Robert has always been there to step up and do what needs to be done on either side, 93305 or 93307. He said, “I don’t want my Carriers to work out there in the heat longer than they need to”. I have NEVER seen that type of attitude from “management” before. Sabrina said, “A Carrier had to go home due to an emergency.” And? We all took care of business!

THAT is what I truly call TEAMWORK!!! They ARE true Carriers to the core to care about pitching in to get the job done! And? They both do it with a smile.

Robert started out as a Casual for four years and was then a TE for two years and is now a CCA totaling eight years! Sabrina started out as a Casual for three years then a TE for six years and is now a CCA totaling ten years!

Thank you!!!

MABEL BULLIS
East Brundage Carrier

One of the perks for the winning unit was a catered breakfast!

Dole Court, “Champs of 2014”, enjoyed the info presented by Ralph Ramirez as he shared Dole Court’s bowling scores with the rest of the station...and they liked the food, too !!!



Congratulations, Champs!!!



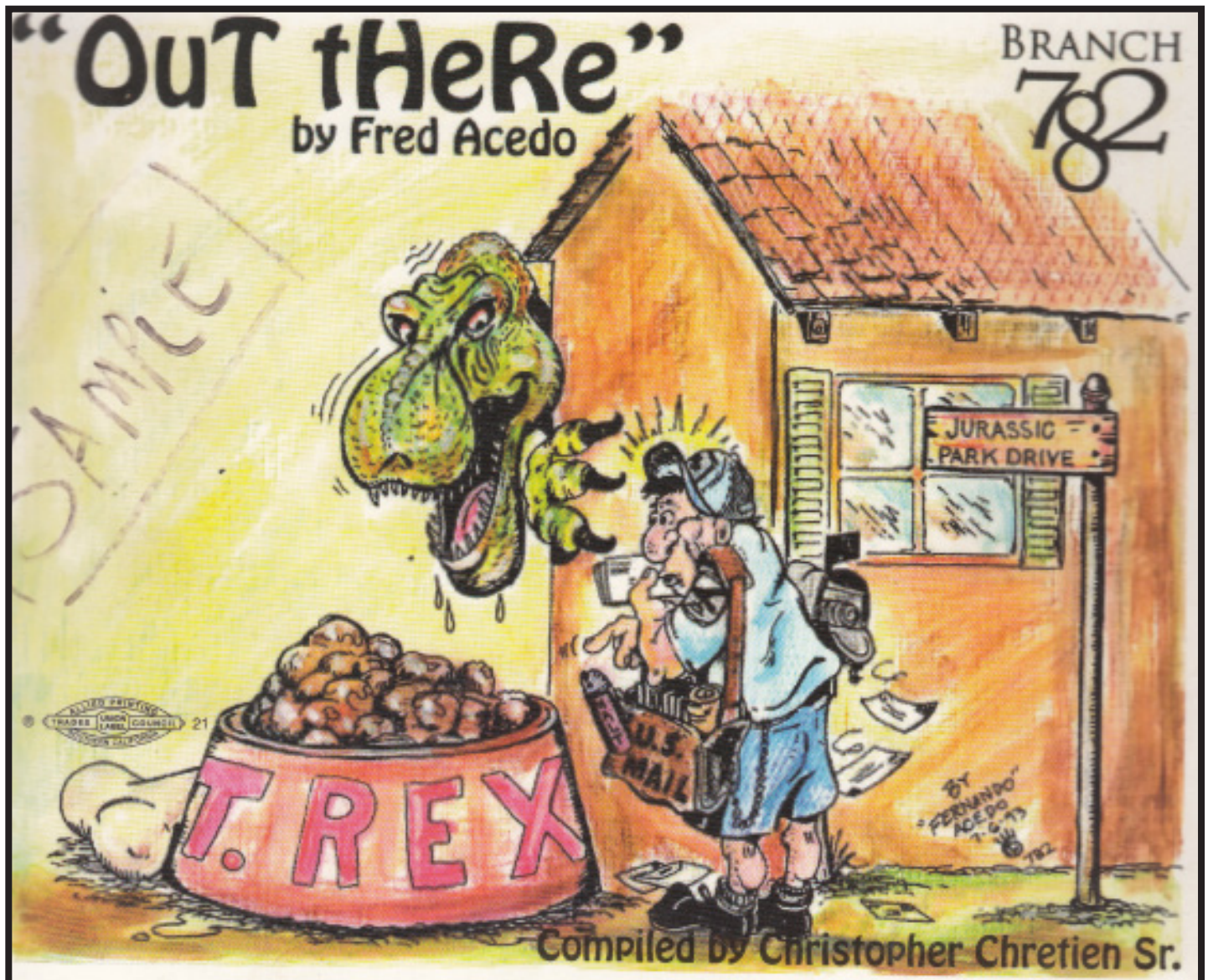
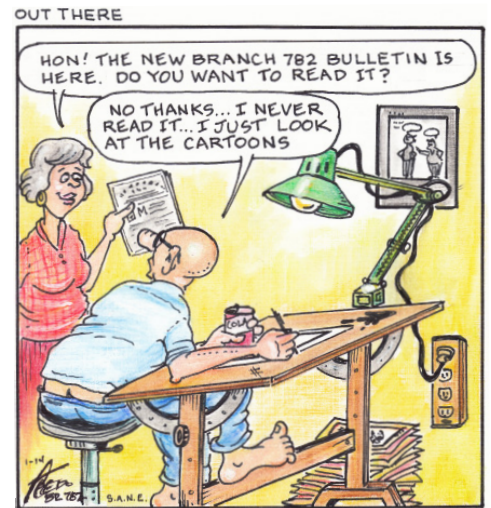
2014 Battle of the Stations

We have books for sale!!!

This book is an amazing collection of “slices of life” that *ALL* Letter Carriers will identify with. You can purchase a copy as a retirement gift, or birthday gift, or even your own personal copy! We’ve made it easy for you.

Contact Branch 782 Recording Secretary Kim Gerdes through the Branch 782 mailing address or you can e-mail her at “krgerdes91@hotmail.com”. The cost for the book is \$20. Up to two books ship for \$5.05 for Priority Mail delivery.

Once we cover our costs, we can generate our donation to the MDA...



HAVE AN IDEA FOR FRED????*

FRED ACEDO
BR. 782 S.A.N.E.
P.O. BOX 6532
BAKERSFIELD, CA
93386-6532

*...YOU NEVER KNOW WHAT YOU MIGHT GET...

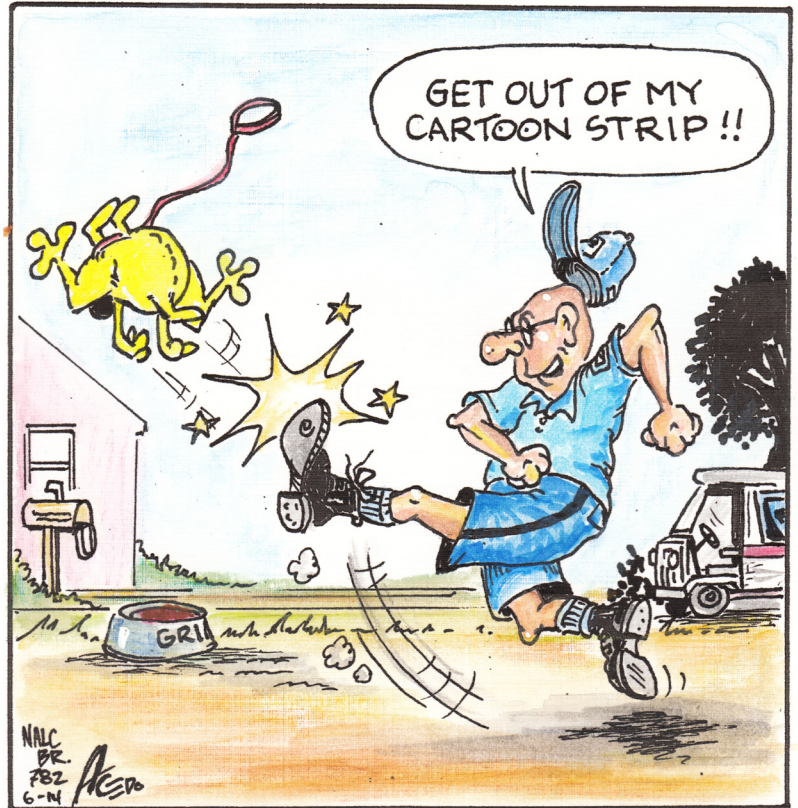
OUT THERE



OUT THERE

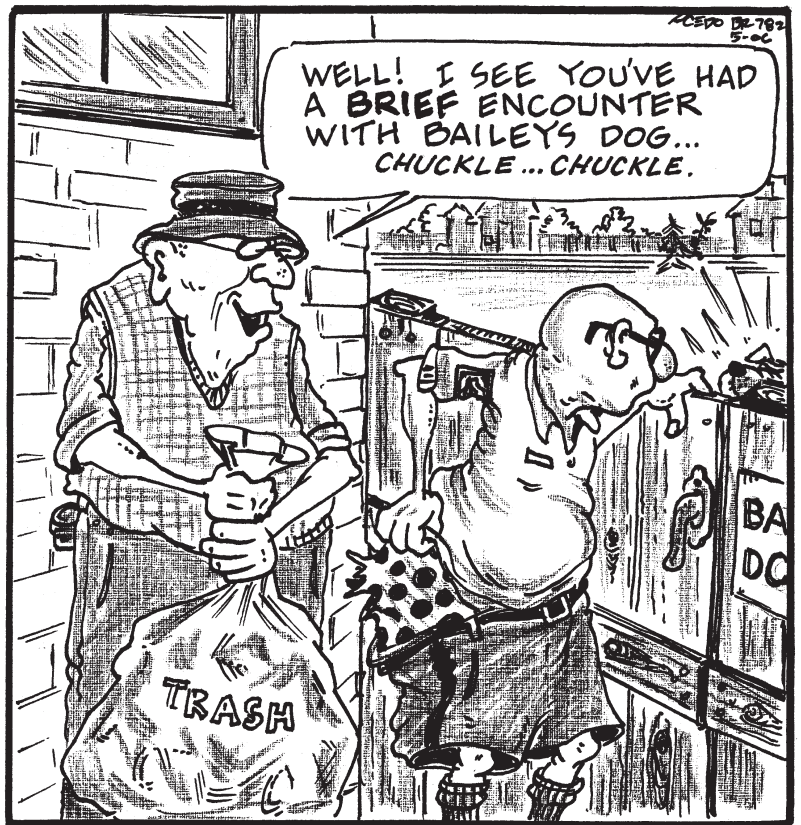


OUT THERE



from the **editor-guy** I am so spoiled having Freddie Acedo as the Branch 782 cartoonist!! You probably never look at the dates on the his work, do you? Cartoons in this issue were birthed: 5/06; 6/13; 7/13; 1/14; 3/14; 6/14 and 7/14. I try to save them up to match with an article or a page theme...

OUT THERE



Robert Nicholas 3rd Annual Tournament June 22, 2014 Patriot's Park

I would like to say thanks to the USPS Social and Recreation Committee for supporting our most recent memorial tournament. It was more than a little hot this year, but it was still a big success!!! We even have new champs this year—Stockdale! If you look over the scores in their games, you can see that they were quite a run producing machine!



The 2014 Champs—Stockdale Station

Seeding Round (1 - 8)

8:30	Stockdale	17
	Dole "B"	0
8:30	Plant	11
	Hillcrest	4
9:30	Dole "A"	21
	Brundage	8
9:30	Camino	19
	South	5
10:30	Stockdale	19
	Hillcrest	4
10:30	Plant	18
	Dole "B"	3
11:30	Camino	9
	Brundage	5
11:30	Dole "A"	20
	South	2
12:30	Plant	8
	Stockdale	7
12:30	Hillcrest	17
	Dole "B"	5
1:30	South	9
	Brundage	8
1:30	Dole "A"	17
	Camino	10

(1) Dole "A"

4:00 p.m.
North Diamond

(8) Dole "B" ☹☹

Stockdale 23

5:00 p.m.
North Diamond

Dole "A" 4

CHAMPS

**Stockdale
27**

6:00 p.m.

**Plant
3**

(3) Stockdale 30

3:00 p.m.
North Diamond

(6) South 0



(5) Hillcrest 13

3:00 p.m.
South Diamond

(4) Camino 6

Plant 15

5:00 p.m.
South Diamond

Hillcrest 7

(2) Plant 10

4:00 p.m.
South Diamond

(7) Brundage 8



*Pix courtesy of
Anita Holderman,
Branch 782 Photographer.*

What really made this such a great time was all of the people who came out to play on each of the eight teams or those who showed up to show their support for their unit/station!

Another thing that made it fun was food provided by the Barrel Brothers (Paul Hernandez and Fito Jimenez).



At the time, no one was really concerned about the pictures being taken by Anita Holderman or Dave Lomas. *There was a game to play!* But, those pictures are really fun to look at now!



(Just for your information, we plan to have a whole lot more pictures that you can take a look at in the web version of the July newsletter. You just have to go to the Branch 782 website once Webmaster Rick Plummer tells us that it's up and you can check it out!)



Looking ahead...if anyone has any ideas on how to make this softball tournament better, let me know and we'll see what we can do to work them into the planning that goes into next year.



Finally, a very special thank you to my wife —Teresa! This wouldn't have happened without her!!



“Hurricane Andrew” Garcia

Thank You, Everyone and Any One!!

from the editor-guy

I was recently thinking about the idea of “Perspective”.

It all started out when I was asked to come out to the recent softball tournament to show some support for the South Station team. Knowing that it was going to be a pretty hot day, I decided to go out to catch a part of the first two early games. Made sense to me!

When I got to Patriots’ Park, I discovered that South Station’s first game was scheduled for later that day. Hmm... It’s gonna be hot... Come back later...? I probably won’t... Oh well, I tried...

I remember thinking, “Well, I might at least walk around and see if I recognize anybody.” Looking out over the south field, I saw some familiar faces and spent a few minutes greeting folks. As I made my way to the north field, I saw a lot of smiling faces and felt the energy.

Seeing people from different units out there warming up and getting ready to compete brought back memories of when I’d been out there on that very same north field getting ready for a game.

That was well over thirty years ago. And—although breaking my ankle sliding into second base ended any future participation in USPS athletic events—I remembered how much fun it was as a “newbie” to get out there with everyone.

Here’s where the “perspective” thing started kicking in.

As I surveyed the field, there was almost an overlay of mental pictures of a different era of players running, calling out encouragement, falling in a cloud of dust, grimacing as a well-hit ball was caught, or sheepishly grinning as that third strike was called.

I remembered some retired folks like Alan Springman, Danny Chavez, Ron Carlon, Bill Siefert, Homer Ruiz, Mario Muniz, Alfred Martinez, Richard Suniga, Leo Walker, George Perez, Raul “Fufu” Alonso, Eddie”Spider”Escalera, Lance”Road Runner”Williams. Byron Morgan. Larry Lowe, Al Corrella, Joe Santa Cruz, and Frank Thomasy.

There was also Rudy Magana, and Paul Hernandez, Raul Herrera, Gordo Alvarez, Buddy Gallegos, Danny Lujan, John Tongate, Lupe Arredondo, Art Ornelas, Lou Garvin, Paul Zabala, Gilbert Ochoa, Bill Keech, and Curtis Jones. Long list, huh?

Well, add to that: Tom “Tom Cat” Riley, Alfred Martinez, Richard Suniga, Leo Walker, Byron Morgan, Larry Lowe, Al Corrella, Lou Garvin, Paul Zabala, Gilbert Ochoa, Bill Keech, and Curtis Jones. (Any repeats? Pay attention!)

These, and many others from those by-gone years, were in my head going through the same actions that were playing out in front of me.

Of course, Johnny Rugnao and some others who used to be out there thirty years ago are still around carrying mail. **Surprisingly**, a few—like Randy Courson (who was a member of the tournament winning Stockdale Team) —were even on the field playing! Ageless wonders!!!

It led me to wonder what some of those retired “old-timers” would have thought of one of the rules that has been incorporated into the way that the tournament will be conducted: **“Two female players will be on the field at any time.”**

Girls on the field?!?!?!? And **THAT** thought made me think some more.

In case no one has noticed, high school and college softball teams are big time activities all over the country. Young girls hone their skills as they participate in travel teams. Major universities provide scholarship money to young women as a means to field teams which are not only competitive but are geared at achieving a national championship level of play.

I got to contemplating if—in thirty years—there might be a rule in future softball tournaments that **“There have to be two male players on the field at any time.”** Does this seem silly?

Look around the workroom floor. If your unit is like mine, there are a *whole lot* of female Letter Carriers out there.

When I reported to my first unit in 1979, I had no idea that having women on the workroom floor as Letter Carriers was anything “out of the ordinary”. I had no idea that one of the people that I worked with—Linda King—was

the **VERY FIRST** woman hired as a USPS Letter Carrier in Bakersfield.

Through the years before she was diagnosed with cancer and subsequently retired from the USPS, Linda shared with me some of her accounts on how she was treated when she entered the then all-male workforce. It wasn’t pleasant.

People (whether they be male or female) walk in the doors of the post office and assume that our world has always been “this way”. When I stop and think about it, I am struck by the fact that probably a majority of the current workforce has **NEVER** lived in a world where they didn’t have DPS. Most never drove the 1/4 ton jeep or those 3/4 ton “ice cream truck” vehicles.

So, what’s this all mean? Probably nothing. On the other hand...

Having some perspective about change makes me realize that when you are around when the changes take place you are faced with a “new normal” that, in time, just becomes normal.

We all tend to be dragged kicking and screaming into new procedures or ways of doing things. (I remember some of the uproar when the LLVs came out. And, although there was quite a furor when FSS came out in some parts of the country, I haven’t heard much of anything about it in quite awhile. Carry a USPS cell phone?)

Anyway, keep everything in perspective...

BASIL ZUNIGA

OUT THERE





Branch Officers

President	Mike Towery	(661) 331-9171
Vice-President	John Ortega	(661) 809-8140
Recording Secretary	Kim Gerdes	(661) 834-2059
Treasurer	Molly Biggar	(661) 832-0393
Financial Secretary	Anita Holderman	(661) 487-5353
HBP & MBA	Mark Ramirez	(661) 398-6075
Sargeant-at-Arms	Jerry Patterson	(661) 699-2462
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Trustee	Teresa Ortega	(661) 325-5526
Trustee	Darryl Holderman	(661) 332-9201

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The opinions expressed in this publication are those of the writer and are not necessarily those of the publication staff or of the Officers of the Branch.

The information contained in this publication is true and complete to our best knowledge. All recommendations, on equipment and procedures are made without guarantees on the part of the authors or of the organization. Because the quality of equipment, services and methods are beyond our control, the organization and its publication authors disclaim all liability incurred in connection with use of this information.

Information in this publication may not be used for illegal purposes.

We invite all members to contribute articles for publication. Copy, if possible, should be double-spaced (but doesn't have to be) but **MUST** be signed by the contributor.

The Editor retains the right to edit, delete, or reject the article for the good of the Branch (and even this is subject to persuasion).

In the hope that material contained here-in may be of benefit to the goals of the National Association of Letter Carriers, permission is hereby granted to other NALC Branches to copy or use material and/or cartoons promulgated in this publication with our best wishes...but remember to cite/give us some credit.

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Rick Plummer, Webmaster

NALC Branch 782 Shop Stewards

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Avenal (93204)	John Ortega	(661) 809-8140
Delano (93215)	Norma Hamer	(661) 619-1465
Lamont (93241)	Mike Munoz	(661) 304-5516
McFarland (93250)	Bonnie Whitbey	(661) 302-7354
Shafter (93263)	Norma Hamer	(661) 619-1465
Taft (93268)	Mike Meza	(805) 625-4541
Wasco (93280)	Joanne Layton	(661) 204-4928
Downtown Station (93301)	Kim Gerdes	(661) 834-2059
South Station (93304)	Darryl Holderman	(661) 487-5353
South Station Alternate	Judy Kiyoshi	(661) 817-5529
East Bakersfield (93305)	Paul Salazar	(661) 327-7637
Hillcrest Station (93306)	Pam Smith	(661) 979-5854
Brundage Station (93307)	John Ortega	(661) 809-8140
Dole Court (93308)	Mike Towery	(661) 331-9171
Dole Court (93308)	Shari Sharp	(661) 364-5544
Stockdale Station (93309)	Randy Courson	(661) 345-0256
Camino Media (93311/13)	Mike Meza	(805) 625-4541
Mojave (93501)	Vacant	
California City (93504)	Russell Day	(760) 373-8963
Boron (93516)	Paula Hogg	(760) 373-8963
Edwards AF Base (93523)	Mike Meza	(805) 625-4541
Ridgecrest (93555)	Lynnel Howell	(760) 382-3030
Tehachapi (93561)	Vacant	
Trona (93562)	Lynnel Howell	(760) 382-3030

**Branch 782
Website
www.782nalc.com**



National Association of Letter Carriers
 "Golden Empire Branch 782"
 2628 "F" Street
 Bakersfield, California 93301
 (661) 325-5526

Non-Profit Organization
 U.S. Postage
 PAID
 Bakersfield, California
 Permit Number 32

General Meeting

Tuesday
July 22, 2014
7:00 p.m.

Branch 782 Office
 2628 "F" Street
 Bakersfield, California

FORWARDING SERVICE REQUESTED

***Congratulations,
 Kim Gerdes!
 Enjoy a long and
 healthy Retirement!***

Check out Kim's journey on pages 8 and 9.

***Win
 \$500?***

Each and every month
 Branch 782 sponsors a drawing
 to encourage *YOU* to come to
 our Meeting*. There was no
 winner in June. So? Do *YOU*
 have a chance to win the \$500?

Yup. Be there...

OUT + HERE



*The fine print: To win the money you have to be present at the meeting when the names are drawn.

To see this newsletter or older newsletters or to find other information, check out the Branch 782 website at: WWW.782NALC.COM